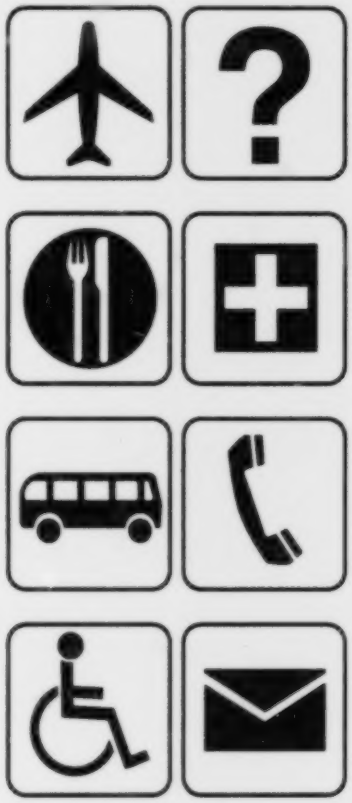
Seniors' Information Handbook



Northwest Territories Education, Culture and Employment

Northwest Territories Health and Social Services

September 2001

103-07048/

Message from the Minister

As the Minister Responsible for Seniors, I am pleased to present the first addition of the Seniors' Information Handbook.

The well-being of seniors is a priority in the Northwest Territories. It is important for seniors, as well as family members and caregivers, to have easy access to information relating to health, finance, consumer issues, housing, transportation and recreation services.

It is through the work of the NWT Seniors' Society, the Department of Health and Social Services, the Department of Education, Culture and Employment, the NWT Literacy Council and funding from the Government of the Northwest Territories Literacy Strategy, that this project has been made possible.

I hope this handbook will provide useful information that will assist in providing our seniors with an improved level of health and well-being.

Jane Groenewegen
Minister Responsible for Seniors

Contents

Introduction 1

How To Use This Guide 1

Pensions and Other Income Programs 2

- Old Age Security 2
- Spouse's Allowance Program – Old Age Security 3
- Guaranteed Income Supplement 4
- Canada Pension Plan (CPP) – Retirement Pension 5
- Canada Pension Plan (CPP) – Disability Benefit 6
- Canada Pension Plan (CPP) – Survivor Benefits 7
- Veterans' Programs 8
- Veterans' Funeral, Burials and Grave Markers 9
- Income Support 10
- Personal Allowance – Elderly and Disabled Program 12

Housing 13

- Senior Citizens Home Repair 13
- Home Adaptations for Seniors' Independence Program 14
- Residential Rehabilitation Assistance Program 15
- Seniors' and/or Disabled Preventative Maintenance Initiative 16
- Residential Rehabilitation Assistance Program for Persons with Disabilities 17
- Seniors' Independent Living Strategy 18
- Elder on the Land Initiative 19
- Seniors' Fossil Fuel Subsidy (Home Heating Program) 20
- Senior Citizens and Disabled Persons Property Tax Relief 22

Contents

Long-term Care Facilities 23
- Aklavik 23
- Fort Simpson 23
- Fort Smith 24
- Hay River 25
- Inuvik 26
- Rae-Edzo 27
- Yellowknife 28

Medical Boarding Homes 29

Health Programs 30
- Extended Health Benefits Seniors' Program 30
- Non-Insured Health Benefits 32
- Home Care Program 34
- Rehabilitation Services 35

Community Health Services 36
- Alcohol and Drug Programs 36
- Canadian Cancer Society, NWT Division 36
- Canadian Diabetes Association 37
- Canadian Hard of Hearing Association 37
- Canadian Mental Health Association/NWT Division 38
- Canadian National Institute for the Blind 39
- Independent Clubhouse 39
- Family Counselling Division 39
- NWT Council for Disabled Persons 40
- Fort Smith Council for Disabled Persons 41

Help Lines 42
- Help Line and AIDS/HIV Information Line 42
- Crisis Telephone Line 42
- Holman Help Line 42

Contents

Legal Help 43
- Beaufort Delta Legal Services Clinic 43
- Law Line – Legal Services Board 43
- Legal Court Services 43

Crime 45
- RCMP 45
- National Telemarketing Fraud Strategy Group 46
- Crime Stoppers 47

Human Rights 48
- Fair Practices Office 48
- Protection Against Age Discrimination 48
- Public Guardian Office 49
- Public Trustee 50

Education 51
- Aurora College 51

Travel And Recreation 52
- Routes to Learning Canada 52
- Elderhostel 52
- Entry Fees Discount – National Parks and National Historic Sites 53

Harvesting 54
- Sport Fishing Licence 54
- Hunting and Trapping 54

Firearms Licence and Registration 55
- Firearms Licence 55
- Firearms Registration 55

Safety 56
- The Safe Living Guide – Home Safety for Seniors 56

Contents

Emergency Food and Shelter 57
- Salvation Army NWT Resource Centre 57
- The Extended Hand 57
- Yellowknife Food Bank 58
- Alison McAteer House and YWCA Family Violence Program 58
- Tuk Women and Children's Centre 59

Victim Services 60
- Victims of Violence Advocacy Program 60
- Victim/Witness Assistance Program 61

NWT Seniors' Societies 63
- NWT Seniors' Society 63
- Yellowknife Seniors' Society 63

Other Services 64
- Handicapped Parking Permits 64
- Highway Information 64
- NWT Library Services 65
- NWT Funeral Service 65
- Senior Citizens Motor Vehicle Services Discount 66
- Seniors' Policies and Program Database 66

Telephone Directory of Services 67
- Aklavik 67
- Colville Lake 67
- Deline 67
- Fort Good Hope 68
- Fort Liard 68
- Fort McPherson 69
- Fort Providence 69
- Fort Resolution 70

Contents

Fort Simpson 70
Fort Smith 71
Hay River 72
Holman 72
Inuvik 73
Jean Marie River 73
Kakisa Lake 73
Lutselk'e 74
Nahanni Butte 74
Norman Wells 74
Paulatuk 75
Rae-Edzo 75
Rae Lakes 76
Sachs Harbour 76
Trout Lake 76
Tsiigehtchic 77
Tuktoyaktuk 77
Tulita 78
Wekweti 78
Wha Ti 78
Wrigley 79
Yellowknife 79

NWT Health and Social Services Boards 80

Introduction

This guide is for NWT seniors and people in their community who help and support them. There are lots of programs and organizations that can help seniors in the NWT. The programs can help with things like pensions, health, and housing. Some of the programs give seniors money. Other programs and organizations help seniors through services like Home Care.

How To Use This Guide

The programs and services in this guide are listed under broad headings. The headings are listed in the table of contents.

The guide is organized this way to help you easily find the information you want.

For each program there is information about:

- what the program does
- who can apply
- how to apply
- contact information
- for some contact information listings TDD/TTY (Telecommunications Device for Hearing Impaired Persons) is available.

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Old Age Security

Old Age Security is:

- a monthly payment
- for any Canadian citizen who is 65 or older

To apply:

- complete an application form
- can apply six months to one year before turning 65

For more information, please contact:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Spouse's Allowance Program – Old Age Security

The Spouse's Allowance Program is:

- a monthly payment
- for any person between 60 and 64 who has a low income
- for any person married to, or the common law spouse, of someone who is already receiving the Old Age Security pension

To apply:

- write or call the federal government

For more information please contact:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Guaranteed Income Supplement

The Guaranteed Income Supplement is:

- a monthly payment
- extra money for low-income seniors on top of their Old Age Security pension
- for any Canadian citizen who is 65 years or older and has little or no income

To apply:

- write or call the federal government

For more information, please contact:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Canada Pension Plan (CPP) – Retirement Pension

The CPP Retirement Pension is:

- a monthly payment for seniors
- for any person 60 years of age or older who made at least one payment to the Canada Pension Plan when they were working

To apply:

- write or call the federal government

For more information, please contact:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Canada Pension Plan (CPP) – Disability Benefit

The CCP Disability Benefit is:

- a monthly payment for people with disabilities who are under 65
- for people who made payments to the Canada Pension Plan
- for disabled people who have a mental or physical disability that makes it too hard to work ever again

There is also a benefit for the children of people with disabilities. The children have to be under 18. If the children are between 18 and 25 and going to school full-time they might be able to get the benefit too.

To apply:

- write or call the federal government

For more information please contact:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Canada Pension Plan (CPP) – Survivor Benefits

The CPP – Survivor Benefits are:

- different payments made to the family of a Canada Pension Plan beneficiary when that beneficiary dies

There are three types of Survivor Benefits:

1. Death Benefit is a one-time payment.
2. Surviving spouse's pension is a monthly payment to the spouse.
3. The children's benefit is a monthly benefit for dependent children.

To apply:

- write or call the federal government

For more information, please call:

Human Resources Development Canada
Income Security Programs
P.O. Box 2710, Main Station
Edmonton, AB T5J 4C2
Phone: 1-800-277-9914
TTY: 1-800-255-4786
(for people with trouble hearing)
Fax: ..... (780) 495-2263

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Veterans' Programs

Veterans' programs are:

- payments and services that help Canadian war veterans and family members who depend on them
- for Canadian war veterans and those who served with the Merchant Marines and in Special Duty Areas

Examples of payments and services:

- War Veterans' Allowance
- War Disability Pension
- Veterans' Independence Program
- help with some hospital and medical expenses
- emergency health and safety funding

To apply:

- call or write the federal government

For more information, please contact:

Veterans Affairs Canada
Suite 940, Canada Place
9700 Jasper Ave.
Edmonton, AB, T5J 4C3
Toll free: 1-800-866-1240
Phone: ..... (780) 495-3762
Fax: ..... (780) 495-4496

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Veterans' Funeral, Burials and Grave Markers

Funeral, Burials and Grave markers program is:

- a payment that helps cover some funeral, burial and grave marking costs
- for income-qualified veterans

For more information, please contact:

Last Post Fund
National Office
8575 Pascal-Gagnon St.
Montreal, PQ H1P 1Y6
Phone: ..... (514) 866-2727
Toll free: 1-800-463-7182
Fax: ..... (514) 329-1543

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Income Support

Income support is available as:

- Seniors' Fossil Fuel Subsidy
- Senior Supplementary Benefit

Seniors' Fossil Fuel Subsidy is to help with home heating costs. Also, look under Housing for more details.

To apply:

- application forms are available from the Department of Education, Culture and Employment or on their Web site

Senior Supplementary Benefit is for those seniors who have a low income.

To apply:

- application forms are available from the Department of Education, Culture and Employment or on their Web site

Continued...

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Income Support *Continued...*

For more information, please contact:

- Income Assistance officer in your community or the manager of Income Support in Yellowknife

Manager, Income Support
Education, Culture and Employment
Government of the Northwest Territories
P.O. Box 1320
Yellowknife X1A 2L9
Phone: ..... (867) 873-7746
Toll-free: 1-800-661-0763
Web site: ..... www.income.learnnet.nt.ca

Pensions and Other Income Programs

This section has information about programs that provide income for seniors.

Personal Allowance – Elderly and Disabled Program

The Personal Allowance – Elderly and Disabled Program is:

- money given to a person in a long-term care facility. The money is for buying things that are not supplied at the long-term care facility.
- for adults who are living in a long-term care facility, in or out of the Northwest Territories, who have a social, behavioural or mental disability and whose income is less than $200 a month.

To apply:

- please contact the manager of your local seniors home or long-term care facility to find out about this program.
- long term care facilities are listed on page 23 of this document.

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Senior Citizens Home Repair

The Senior Citizens Home Repair program is a forgivable loan, for seniors who are 60 or older who own their own homes.

For seniors who:

- have lived in the NWT for at least five years
- who may need to fix up their homes if there is something wrong with the house that is unsafe or unhealthy
- have a low income

The most the loan can be is $20,000 plus the costs of freight to bring in supplies.

To apply:

- apply by writing or calling the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Home Adaptations for Seniors' Independence Program

The Home Adaptations for Seniors' Independence Program is:

- a grant that will cover some of the cost for installing handrails, grab bars and easy-reach storage for seniors

The grant will help seniors:

- to make permanent changes to their homes that can help them with daily living
- who are 65 years old or older and in need of affordable and healthy housing
- who have trouble with daily living activities

To apply:

- write or call the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Residential Rehabilitation Assistance Program

The Residential Rehabilitation Assistance Program is:

- a loan available for houses that need major repairs to plumbing, electricity and heating
- for seniors to fix up their homes if the homes are not safe and healthy
- for people who own their home
- for people who have a low income

The loan may not have to be all paid back. How much you have to pay back depends on your income and the value of the repairs.

To apply:

- write or call the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Seniors' and/or Disabled Preventative Maintenance Initiative

The Seniors' and/or Disabled
Preventative Maintenance Initiative is a grant:

- for seniors and people with disabilities to help pay for keeping their homes in good repair
- who are in need of affordable and healthy housing
- for people who have lived in the NWT for five years or more

To apply:

- write or call the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Residential Rehabilitation Assistance Program for Persons with Disabiiities

The Residential Rehabilitation Assistance Program for Persons with Disabilities is a loan:

- for home owners and landlords
- to make changes like widening doors and hallways or putting in lower countertops in a house or apartment to make it easier for someone with a disability to live there
- to make sure the house or apartment is a safe and healthy place to live

To apply:

- write or call the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Seniors' Independent Living Strategy

The Seniors' Independent Living Strategy builds affordable rental housing for seniors:

- who are 60 years old or older
- who are in need of affordable and healthy housing
- who have low income

To apply:

- write or call the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Elder on the Land Initiative

The Elder on the Land Initiative gives money to Elders who have lived on the land on a full-time basis for at least the past two years:

- to repair or replace their existing shelter with a modest, simply constructed shelter
- who are least 50 years old or older
- who are in need of affordable and healthy housing
- who are living in a home that is not safe or healthy
- who are living outside community boundaries

To apply:

- call or write the Northwest Territories Housing Corporation

For more information, please contact:

Public Affairs Coordinator
Northwest Territories Housing Corporation
P.O. Box 2100
Yellowknife, NT X1A 2P6
Phone: ..... (867) 873-7854
Fax: ..... (867) 669-7901

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Seniors' Fossil Fuel Subsidy (Home Heating Program)

The Seniors' Fossil Fuel Subsidy gives seniors fuel to heat their homes.

The program is for NWT seniors who:

- are 60 years old or older
- own their own home in the NWT
- do not get Income Support or Social Assistance
- have a low income
- are residents of the NWT

Seniors can get up to five cords of wood, 2,275 litres of fuel oil, 3,105 litres of propane, 6,020 Kilowatt Hours of electricity or 76,000 feet of natural gas.

To apply:

- call or write the Department of Education, Culture and Employment and ask for an application form

When you apply, you must include with your application:

1. Something that shows how old you are, like a birth certificate, driver's licence or health care card.
2. Something that shows how much household income you have, like income tax returns or pay stubs.
3. Something that proves you own your home, like a title or deed or mortgage document.

Continued...

Seniors' Fossil Fuel Subsidy (Home Heating Program) *Continued...*

For more information, please contact:

- Income Assistance officer in your community or the manager of Income Support in Yellowknife

Manager, Income Support
Education, Culture and Employment
Government of the Northwest Territories
P.O. Box 1320
Yellowknife, NT X1A 2L9
Phone: ..... (867) 873-7746
Toll-free: 1-800-661-0763
Web site: ..... http://income.learnnet.nt.ca

Housing

This section has information about rental housing, housing repairs and renovations and property taxes.

Senior Citizens and Disabled Persons Property Tax Relief

The Senior Citizens and Disabled Persons Property Tax Relief is a program that helps seniors and people with disabilities pay less or no property tax. Taxes are lowered depending on the type of property owned or occupied. You have to apply for this program every year.

To apply:

- write or call the Department of Municipal and Community Affairs

For more information please contact:

Community Operations Division
Municipal and Community Affairs
Government of the Northwest Territories
Suite 500, 5201 - 50th Ave.
Yellowknife, NT X1A 3S9
Phone: ..... (867) 920-8752
Fax: ..... (867) 920-6343

Long-term Care Facilities

This section lists the long-term care facilities in the NWT. Long-term care facilities provide homes for people who need care that they can no longer get in their own homes.

Aklavik

Joe Greenland Centre

- a home for seniors

For information contact:
Joe Greenland Centre
Box 162
Aklavik, NT X0E 0A0
Phone: ..... (867) 978-2381
Fax: ..... (867) 978-2943

Fort Simpson

Fort Simpson Long-term Care

- for seniors and people who are disabled

For information contact:
Deh Cho Health and Social Services
Fort Simpson Long-term Care
P.O. Box 246
Fort Simpson, NT X0E 0N0
Phone: ..... (867) 695-7080
Fax: ..... (867) 695-7083

Long-term Care Facilities

This section lists the long-term care facilities in the NWT. Long-term care facilities provide homes for people who need care that they can no longer get in their own homes.

Fort Smith

Fort Smith Health Centre and Long-term Care Unit

- for seniors and people who are disabled

For information contact:

Fort Smith Health Centre
Long-term Care Unit
Box 1080
Fort Smith, NT X0E 0P0
Phone: ..... (867) 872-6200
Fax: ..... (867) 872-6275

Northern Lights Special Care Home

- for seniors and people who are disabled

For information contact:

Northern Lights Special Care Home
P.O. Box 1319
Fort Smith, NT X0E 0P0
Phone: ..... (867) 872-5403
Fax: ..... (867) 872-5404

Long-term Care Facilities

This section lists the long-term care facilities in the NWT. Long-term care facilities provide homes for people who need care that they can no longer get in their own homes.

Hay River

H.H. Williams Memorial Hospital Extended Care Ward

- for seniors and people who are disabled

For information contact:

H.H. Williams Memorial Hospital
Extended Care Ward
#3 Gaetz Drive
Hay River, NT X0E 0R8
Phone: ..... (867) 874-7180
Fax: ..... (867) 874-7118

Woodland Manor

- for seniors and people who are disabled

For information contact:

Woodland Manor
52 A Woodland Drive
Hay River, NT X0E 0R8
Phone: ..... (867) 874-2493
Fax: ..... (867) 874-7234

Long-term Care Facilities

This section lists the long-term care facilities in the NWT. Long-term care facilities provide homes for people who need care that they can no longer get in their own homes.

Inuvik

Charlotte Vehus Home

- for adults with developmental delays and brain injuries

For information contact:
Charlotte Vehus Home
P.O. Box 1800
Inuvik, NT X0E 0T0
Phone: ..... (867) 777-4780
Fax: ..... (8 7) 777-4687

Inuvik Regional Hospital Extended Care Unit

- for seniors and people who are disabled

For information contact:
Inuvik Regional Hospital
Long-term Care Unit
Bag Service #2
Inuvik, NT X0E 0T0
Phone: ..... (867) 777-8130
Fax: ..... (867) 777-8038

Long-term Care Facilities

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Rae-Edzo

Jimmy Erasmus Senior Citizens Home

- for seniors

For more information contact:

Jimmy Erasmus Senior Citizens Home
P.O. Box 178
Rae-Edzo, NT X0E 0Y0
Phone: ..... (867) 392-6708
Fax: ..... (867) 392-6872

Long-term Care Facilities

This section lists the long-term care facilities in the NWT. Long-term care facilities provide homes for people who need care that they can no longer get in their own homes.

Yellowknife

Aven Manor

- for seniors and people with disabilities

For information contact:

Aven Manor
c/o Yellowknife Association of Concerned Citizens for Seniors
#1, 5710 - 50th Ave.
Yellowknife, NT X1A 1G1
Phone: ..... (867) 920-2443
Fax: ..... (867) 873-9915

Stanton Regional Hospital – Extended Care Ward

- for seniors and people with disabilities

For more information contact:

Stanton Regional Hospital
Extended Care Ward
P.O. Box 10
Yellowknife, NT X1A 2N1
Phone:
Extended Care: ..... (867) 669-4125
Main switchboard: .. (867) 669-4111
Fax: ..... (867) 669-4131

Medical Boarding Homes

This section has information about medical boarding homes that provide places for people to stay when they are travelling for medical reasons.

Lena Pederson (Kitikmeot) Boarding Home

The Lena Pederson (Kitikmeot) Boarding Home provides a place to stay and meals for people who have travelled from the Kitikmeot to Yellowknife for medical appointments.

For more information, please contact:

Lena Pederson (Kitikmeot) Boarding Home
Box 1960
Yellowknife, NT X1A 2P5
Phone: ..... (867) 920-2807
Fax: ..... (867) 873-9148

Vital Abel House

The Vital Abel House is located in N'Dilo and provides a place to stay and meals for people who have travelled to Yellowknife for medical appointments.

For more information, please contact:

The Vital Abel House
Box 1287
N'Dilo, NT X1A 2N9
Phone: ..... (867) 873-6689
Fax: ..... (867) 873-5751

Health Programs

This section has information about health benefit programs and other health services.

Extended Health Benefits Seniors' Program

Extended Health Benefits Seniors' Program pays for some health services for Metis and non-native NWT residents who are 60 or older and already registered with the NWT Health Care Plan.

The health services covered by this program are beyond the regular health services available under the NWT Health Care Plan.

Some of services you can get from this program:

- medicines
- medical travel, accommodations, meals and transportation
- medical supplies like replacement limbs
- hearing aids and eyeglasses
- dental care

To apply:

- call or write the Department of Health and Social Services
- on-line forms are available on the Department of Health and Social Services Web site

Continued...

Extended Health Benefits Seniors' Program
Continued...

For more information please contact:

Health Benefits Coordinator
Health Services Administration
Department of Health and Social Services
Government of the Northwest Territories
Bag #9
Inuvik, NT X0E 0T0
Toll Free: 1-800-661-0830
Phone: ..... (867) 777-7402
Fax: ..... (867) 777-3197
Web site: ..... www.hlthss.gov.nt.ca,
follow the links to Publications

Health Programs

This section has information about health benefit programs and other health services.

Non-Insured Health Benefits

Non-Insured Health Benefits pays for health services for Inuit and people who are Registered Indians of any age or income living anywhere in Canada.

That means health services like:

- medicines
- medical travel, accommodations, meals and transportation for medical visits including to Traditional Healers
- approved escorts for medical travel
- medical supplies like replacement limbs
- hearing aids and eyeglasses
- dental care
- medical boarding homes, transportation and interpreter services

To apply:

- call or write the Health Benefits Coordinator
- on-line forms are available on the Department of Health and Social Services Web site

Continued...

Non-Insured Health Benefits *Continued...*

For more information please contact:

Health Benefits Coordinator
Health Services Administration
Department of Health and Social Services
Government of the Northwest Territories
Bag #9
Inuvik, NT X0E 0T0
Toll Free: 1-800-661-0830
Phone: ..... (867) 777-7402
Fax: ..... (867) 777-3197
Web site: ..... www.hlthss.gov.nt.ca
follow the links to Publications

Health Programs

This section has information about health benefit programs and other health services.

Home Care Program

The Home Care Program helps people stay in their homes when they are sick or in need of medical help or supports with daily living activities. The Home Care Program helps people stay at home rather than going to a hospital or a long term care facility.

The program is for people who:

- have a valid NWT Health Care Card
- live in a place where the program is offered
- have been assessed and found to have needs best met by Home Care

People can get help with services like:

- nursing
- foot care
- handyman services
- rehabilitation
- respite care
- palliative care
- home intravenous therapy
- Meals-on-Wheels

To apply:

- write or call your local Health and Social Services Board

For more information, please contact:

- see the list of all Health and Social Services Boards on page 80

Health Programs

This section has information about health benefit programs and other health services.

Rehabilitation Services

Rehabilitation Services are treatments for people with various medical conditions. Rehabilitation Services are usually available in most NWT regional centres. People living in smaller communities may have to travel to a regional centre. Sometimes the rehabilitation professional will travel to communities outside of the regional centre.

Rehabilitation professionals do these treatments:

- Audiologists help people with hearing loss
- Speech Language Pathologists help people with speaking and language difficulties
- Occupational Therapists and Physiotherapists help people with physical and movement problems

To apply:

- usually a doctor, nurse or Community Health representative will make a referral
- they call and make an appointment for you to see the rehabilitation professional

For more information, please contact:

- see the list of all Health and Social Services Boards on page 80

Community Health Services

This section has information about community health services for all NWT residents including seniors.

Alcohol and Drug Programs

Most communities have centres that offer alcohol and drug programs like Alcoholics Anonymous (AA). Most centres also have counselling services.

For more information, please contact:

- look under your community listing for Alcohol and Drug Services in your telephone directory of this handbook

Canadian Cancer Society, NWT Division

The Canadian Cancer Society has information about how to prevent cancer, what people can expect if they have cancer and other education materials. They also provide individual counselling and group emotional support to cancer patients and their families.

For more information, please contact:

Toll Free:
French and English .. 1-888-939-3333
NWT Aboriginal
Languages..... 1-888-261-4673
Yellowknife: ..... (867) 920-4428

- you can call the Yellowknife office collect or use the 1-888 toll-free line

Community Health Services

This section has information about community health services for all NWT residents including seniors.

Canadian Diabetes Association

The Canadian Diabetes Association provides information about diabetes.

For more information, please contact:

Toll Free: 1-800-563-0032
NWT Chapter: ..... (867) 920-7458
Web site: ..... www.diabetes.ca

Canadian Hard of Hearing Association

This is a national organization that works to help people who are hard of hearing.

For more information, please contact:

Canadian Hard of Hearing Association
2435 Holly Lane
Ottawa, ON K1V 7P2
Phone: ..... (613) 526-1584
TTY: ..... (613) 526-2692
(for people who have trouble hearing)
Toll-free: 1-800-263-8068
Or visit: ..... www.chha.ca

Continued...

Canadian Hard of Hearing Association
Continued...

Canadian Hard of Hearing Association (NWT Chapter)
#51 Aven Court
5710 - 50th Street
Yellowknife, NT X1A 1E9
Phone: ..... (867) 873-4735
Fax: ..... (867) 873-4318

Canadian Mental Health Association/ NWT Division

The Canadian Mental Health Association/NWT Division promotes the importance of mental health for all people of the NWT. They do that through education, advocacy and research. They can help people with mental health problems get help.

For more information, please contact:
Canadian Mental health Association/NWT Division
Box 2580
Yellowknife, NT X1A 2P9
Phone: ..... (867) 873-3190
Fax: ..... (867) 873-3930
Toll-free: 1-800-661-0844

Community Health Services

This section has information about community health services for all NWT residents including seniors.

Canadian National Institute for the Blind

The Canadian National Institute for the Blind helps people who are adjusting to blindness or visual impairment. They also provide other services to help people who are blind or have a visual impairment.

For more information, please contact:

Canadian National Institute for the Blind
Box 872
Yellowknife, NT X1A 2N6
Phone: ..... (867) 873-2647
Fax: ..... (867) 873-0286

Independent Clubhouse

The Independent Clubhouse is an informal drop-in centre for people with psychiatric illnesses like bi-polar, schizophrenia and manic depression. People can come to the Independent Clubhouse for help with their physical, emotional, mental and spiritual needs.

For more information, please contact:

Independent Clubhouse
Box 2901
Yellowknife, NT X1A 2R2
Phone: ..... (867) 669-9279
Fax: ..... (876) 669-0042

Community Health Services

This section has information about community health services for all NWT residents including seniors.

Family Counselling Division

The Family Counselling Division provides counselling services to individuals, couples and families on a wide range of issues.

For more information, please contact:
Family Counselling Division
Box 608
Yellowknife, NT X1A 2N5

To make an appointment in Yellowknife:
Phone: ..... (867) 920-6522
Fax: ..... (867) 873-9032
Outside Yellowknife:
Toll-free: 1-888-476-0421

NWT Council for Disabled Persons

The NWT Council for Disabled Persons helps people with disabilities live independent lives and be a part of their community.

For more information, please contact:
NWT Council for Disabled Persons
Box 1387
Yellowknife, NT X1A 2P1
Phone: ..... (867) 873-8230
TTY: ..... (867) 920-2674
Fax: ..... (867) 873-4124

Community Health Services

This section has information about community health services for all NWT residents including seniors.

Fort Smith Council for Disabled Persons

For more information, please contact:

Fort Smith Council for Disabled Persons
Box 1350
Fort Smith, NT X0E 0P0
Phone: ..... (867) 872-3223
Fax: ..... (867) 872-6275

Help Lines

These help lines are for anyone who is having personal problems and wants to talk to somebody.

Trained volunteers answer the phones and will be able to talk with you about your problems. Your call will be completely confidential which means no one will know that you have called and talked about your personal problems.

Help Line and AIDS/HIV Information Line

You can call this number if you are having personal problems or if you have questions or concerns about AIDS/HIV. You can call between 7:00 p.m. and 11:00 p.m. any night of the week.

Call toll-free:..... 1-800-661-0844
In Yellowknife:
Phone 920-2121

Crisis Telephone Line

You can call this line collect from anywhere in the NWT if you are having personal problems.

Phone collect: 1-867-872-4133

Holman Help Line

You can call this if you are having personal problems. Your call will be completely confidential which means no one will know that you have called and talked about your personal problems.

Phone: 396-3911

Legal Help

This section has information about free legal services.

Beaufort Delta Legal Services Clinic

Beaufort Delta Legal Services Clinic
Box 1100
Inuvik, NT X0E 0T0
Toll-free: 1-800-661-0704
Inuvik: ..... (867) 777-2030
Fax: ..... (867) 777-3211

Law Line – Legal Services Board

Law Line
Legal Services Board
P.O. Box 1320
Yellowknife NT X1A 2L9
Phone: ..... (867) 920-2360
Fax: ..... (867) 873-5320
Call collect: 1-867-873-3130
(Tuesday and Thursday evenings 6:00 – 8:30 p.m.)

Legal Court Services

Legal Court Services will help people involved in legal matters, they will help people get legal counsel through Legal Aid.

For more information, please contact:
Legal Court Services
Box 110
Fort Good Hope, NT X0E 0H0
Phone: ..... (867) 598-2762
Fax: ..... (867) 598-2525

Legal Help

This section has information about free legal services.

Legal Court Services
Box 304
Fort McPherson, NT X0E 0J0
Phone: ..... (867) 952-2756
Fax: ..... (867) 952-2042

Legal Court Services
Box 107
Holman, NT X0E 0S0
Phone: ..... (867) 396-3511
Fax: ..... (867) 396-3256

Legal Court Services
General Delivery
Rae – Edzo, NT X0E 0Y0
Phone: ..... (867) 392-6386
Fax: ..... (867) 392-6387

Legal Court Services
Box 287
Tuktoyaktuk, NT X0E 1C0
Phone: ..... (867) 977-2260
Fax: ..... (867) 977-2154

Also see Victim Services, page 60

Crime

This section has information about crime prevention and other services.

RCMP

If you have an emergency, you can call the 24-hour emergency line at (867) 669-1111. If you need help from the RCMP check the phone book on page 2 for the number to call in your community. Or you can get the number listed under your community in this handbook.

For more information, please contact:

Royal Canadian Mounted Police
"G" Division, Criminal Operations
Bag 5000
Yellowknife, NT X1A 2R3
Phone: ..... (867) 669-5100
Fax: ..... (867) 669-5135

National Telemarketing Fraud Strategy Group

This group helps seniors understand and fight against telemarketing fraud.

Telemarketing fraud is:

- when someone tries to sell you something over the phone or tries to get you to give out your personal financial information over the phone by telling lies about what they are going to do

For more information, please contact:

Organized Crime Division
Policing and Law Enforcement Directorate
Solicitor General of Canada
340 Laurier Avenue West, 8th floor
Ottawa ON K1A 0P8
Phone: ..... (613) 990-2713
Fax: ..... (613) 990-3984

Crime

This section has information about crime prevention and other services.

Crime Stoppers

If you know about a crime and want to report it you can call this number for free. All calls are confidential which means no one will know that you called.

For more information, please contact:

Crime Stoppers
Box 2226
Yellowknife, NT X1A 2B7
Phone: ..... (867) 669-5222
Fax: ..... (867) 669-5104
Toll-free: 1-800-222-8477

Human Rights

Fair Practices Office

The Fair Practices Office helps people who have been discriminated against because of their age, race, colour, sex, marital status, disability and other personal characteristics. The Fair Practices Office may help people who have been turned down unfairly for a job, housing or other services.

For more information, please contact:

Fair Practices Office
3rd Floor Panda II Mall
Yellowknife, NT X1A 2P4
Toll-free: 1-800-661-0760
Phone: ..... (867) 920-8764
Fax: ..... (867) 873-0489

Protection Against Age Discrimination

This program investigates seniors' complaints about age discrimination.

For more information, please contact:

Canadian Human Rights Commission
344 Slater Street, 8th Floor
Ottawa, ON K1A 1E1
Toll-free: 1-888-214-1090
TTY: 1-888-643-3304
(for people who have trouble hearing)
Or visit: ..... www.chrc-ccdp.[illegible]

Public Guardian Office

The Public Guardian office helps people become legal guardians of individuals 18 years of age and older, who are unable to make reasonable decisions about their personal or health care. people who need help with their decisions may have a long-term mental condition or brain damage. Usually a family member, a caretaker or a close friend will become a legal guardian. To become a legal guardian people should call the Public Guardian Office. They will then do an assessment. That means they will look into the situation and find out if a legal guardian is necessary. That assessment then goes to the courts. The courts decide what kind of decisions the legal guardian may make. The kinds of decisions are usually about living arrangements, employment, social and recreational activities, education, health care and day-to-day living matters. The guardian does not make decisions about money. A different person called a trustee makes those decisions.

For more information, please contact:

Public Guardian
Department of Health and Social Services
Government of the Northwest Territories
Box 1320
Yellowknife NT X1A 2L9
Phone: ..... (867) 920-8025
Fax: ..... (867) 873-0248

Public Trustee

This office helps with making decisions about money for people who can't do that themselves. The Public Trustee will help children, mentally incompetent adults and seniors make good decisions about their money.

For more information, please contact:

Public Trustee
Department of Justice
Government of the Northwest Territories
Box 1320
Yellowknife, NT X1A 2L9
Phone: ..... (867) 873-7464
Fax: ..... (867) 873-0184

Education

Aurora College

Aurora College offers many different courses including Adult Basic Education.

For more information about programs in your community, you can write or call:

Aurora College, Thebacha Campus
Box 1290
Fort Smith, NT XOE 0P0
Phone: ..... (867) 872-7509
Fax: ..... (867) 872-5143

Aurora College, Yellowknife Campus
Bag Service 9700
Yellowknife, NT X1A 2R3
Phone: ..... (867) 920-3030
Fax: ..... (867) 873-0333

Aurora College, Aurora Campus
Box 1008
Inuvik, NT X0E 0T0
Phone: ..... (867) 777-7800
Fax: ..... (867) 777-2850

Or visit: www.auroracollege.ca

Travel And Recreation

Routes to Learning Canada

Routes to Learning Canada provides high quality, affordable, educational experiences for adults throughout the entire year, if you would like to find out about Routes to Learning Canada trips you can write them or visit their Web site.

You can write to:

Routes to Learning Canada
300 - 4 Cataraqui St.
Kingston, ON, K7K1Z7
Phone: 1-613-530-2222
Or visit: ..... www.routestolearning.ca

Elderhostel

Elderhostel provides high quality, affordable, educational and recreational opportunities for adults interested in travelling anywhere in the world, throughout the year.

For a catalogue please write to:

Elderhostel INC.
75 Avenue de Lafayette
Boston, MA
USA, 02111-1746
Phone: 1-877-426-8056
Fax: 1-877- 426-2166
TTY: 1-877-426-2167
(for people who have trouble hearing)
Or visit: ..... www.elderhostel.org

Entry Fees Discount – National Parks and National Historic Sites

Seniors, 65 and older, of any nationality can get a 25 per cent discount on entry fees for Canada's national parks and historic sites. To get this discount, Seniors will need to show proof of their age. The discount is only for entry fees not for other services like mooring, guided tours or camping.

For more information, please contact:

Parks Canada
25 Eddy St., 7th Floor
Hull, PQ K1A 0M5
Toll-free: ..... 1-888-773-8888 operator 039
Web site: ..... www.parkscanada.PCH.gc.ca

Harvesting

Sport Fishing Licence

For most areas in the NWT, Seniors do not need a sport fishing licence if they are 65 years of age or older.

There are two areas where you need a licence:

- Great Bear Lake – you must have a Sports Fishing Licence and a Special Management Licence. The Special Management Licence costs $10 plus GST.
- Inuvialuit Settlement Region – you must have a Sports Fishing Licence and a validation. The validation does not cost anything.

For more information, please contact:

- local Resources, Wildlife and Economic Development office or your local Department of Fisheries and Oceans office
- check the blue pages of the telephone directory for a number

Hunting and Trapping

Seniors do not need a hunting or trapping licence but they must have a firearms licence if they own a gun or want to buy one.

Firearms Licence and Registration

Firearms Licence

If you want to get a gun or already have one, you have to get a firearms licence. The firearms licence is called a possession and acquisition license. The licence means you can buy, inherit, trade or receive a gun as a gift. The licence has to be renewed every five years. To get a firearms licence you need to pass the Canadian Firearms Safety Course test. Aboriginal people can sometimes get their firearms licence without taking the Canadian Firearms Safety Course. They can do this by getting letters of support from their community that say they know about firearms and how to use them.

For more information, please contact:
Phone: ..... (867) 920-8395
Toll-free: ..... 1-800-731-4000 (extension 4517)

Firearms Registration

You have to register all your firearms. To do that you need the firearms licence. You have until January 1, 2003 to register all your firearms.

For more information, please contact:
Phone: ..... (867) 920-8395
Toll-free: ..... 1-800-731-4000 (extension 4517)

Safety

The Safe Living Guide – Home Safety for Seniors

The Safe Living Guide is available from Health Canada.

The guide has information on:

- home safety
- safety checklists
- consumer products
- reducing and preventing injuries
- proper use of medication

For more information, please contact:

Division of Aging and Seniors
Health Canada
Address locator: 1908A1
Ottawa, ON K1A 1B4
Phone: ..... (613) 952-7606
Fax: ..... (613) 957-7627
Web site: ..... www.hc-sc.gc.ca/seniors-aines

Emergency Food and Shelter

Salvation Army NWT Resource Centre

The Salvation Army helps people with social and rehabilitation services, chemical dependency recovery, emergency shelter, food bank, soup kitchen and the thrift shop.

For more information, please contact:

Salvation Army
4925-45th Street
P.O. Box 2585
Yellowknife, NT X1A 2P9
Phone: ..... (867) 920-4673
Fax: ..... (867) 920-4096

The Extended Hand

The Extended Hand provides Christian counselling, food bank and used clothing.

For more information, please contact:

The Extended Hand
P.O. Box 681
Fort Smith, NT X0E 0P0
Phone: ..... (867) 872-2252
Fax: ..... (867) 872-3340

Yellowknife Food Bank

The Yellowknife Food Bank gives food to people who need it. The food bank is closed during the summer months.

For more informaton, please contact:
Yellowknife Food Bank
4917 Matonabee Street
Yellowknife, NT X1A 1X7
Phone: ..... (867) 873-4035

Alison McAteer House and YWCA Family Violence Program

Alison McAteer House provides a home for women and children who are experiencing violence. Women and children can get counselling and other support. The maximum length of stay is six weeks.

For more information, please contact:
Alison McAteer House
C/O YWCA
103-4904 54th Ave
Yellowknife, NT X1A 1H7
Phone: ..... (867) 669-0235
Fax: ..... (867) 669-0334
Crisis Line: ..... (867) 873-8257
(will take collect calls)
For administrative inquiries:
Phone: ..... (867) 920-2777 ext. 305

Emergency Food and Shelter

Tuk Women and Children's Centre

This centre provides temporary shelter for those in crisis, one-to-one counselling to clients and referrals to other helpful agencies in the community.

For more information, please contact:

Tuk Women and Children's Centre
P.O. Box 30
Tuktoyaktuk, NT X0E 1C0
Crisis Line: ..... (867) 977-2070
Fax: ..... (867) 977-2072

Victim Services

Victims of Violence Advocacy Program

This program provides one-to-one counselling to clients, public awareness, public speaking, resources, fun nights, home visits and talking circles.

For more information, please contact:

Victims of Violence Advocacy Program
Box 26
Fort Good Hope, NT X0E 0H0
Phone: ..... (867) 598-2728
Fax: ..... (867) 598-2513

Victim Services

Victim/Witness Assistance Program

This program helps people with information on the criminal justice system; emotional support, attending court with witnesses, referrals, liaison for victims and witnesses with the RCMP and Crown Prosecutor.

For more information, please contact:

Fort Smith Victim/Witness Assistance Program
c/o Uncle Gabe's Friendship Centre
Box 957
Fort Smith, NT X0E 0P0
Phone: ..... (867) 872-3004
Fax: ..... (867) 872-5313

Hay River Victim Assistance
c/o Soaring Eagle Friendship Centre
Suite 2, 8 Gagnier St.
Hay River, NT X0E 0R4
Phone: ..... (867) 874-6581
Fax: ..... (867) 874-3362

Inuvik Victim Services
c/o Inuvik Justice Committee
Box 2869
Inuvik, NT X0E 0T0
Phone: ..... (867) 777-3181
Fax: ..... (867) 777-3181

Victim Services

Yellowknife Victim Services
PO Box 2321
Yellowknife, NT X1A 2P7
Phone: ..... (867) 920-2978 (Mon – Fri: 9 to 5)
(867) 669-5197 (Mon – Sun: 7 to 10 pm)
Fax: ..... (867) 873-3152

- or check in your phone book under Victim Services or call your local RCMP.

NWT Seniors' Societies

NWT Seniors' Society

The NWT Seniors' Society gives information and support to seniors and elders across the NWT. The Society operates a toll-free Seniors' Information Line that you can call Monday through Friday from 8:30 a.m. to 4:30 p.m.

Information on other seniors societies across the NWT including:

- Deninu Kue Seniors' Society
- Fort Simpson Seniors' Society
- Fort Smith Senior Citizens Society
- Hay River Seniors' Society
- Inuvik Seniors' Society

For more information, please contact:

NWT Seniors' Society
Box 1564
Yellowknife, NT X1A 1G1
Phone: ..... (867) 920-7444
Fax: ..... (867) 873-4318
Toll-free: 1-800-661-0878

Yellowknife Seniors' Society

For more information, please contact:

Yellowknife Seniors' Society
Box 1564
Yellowknife, NT X1A 1G1
Phone: ..... (867) 873-9475
Fax: ..... (867) 873-4318

Other Services

Handicapped Parking Permits

Handicapped Parking Permits are available for people with disabilities so they can park in designated handicapped parking spots.

For more information, please contact:

NWT Council for Disabled Persons
Yellowknife
Phone: ..... (867) 873-8230
Fort Smith
Phone: ..... (867) 872-3223

NWT Highway and Ferry Information

The Department of Transportation provides reports on road conditions and ferry information.

Toll-free: 1-800-661-0750
Web site: ..... www.gov.nt.ca

Other Services

NWT Library Services

A service to allow people to borrow books in communities without a library. The service will issue a 'borrower by mail' card.

For more information, please contact:
NWT Library Services
75 Woodland Dr.
Hay River, NT X0E 1G1
Toll-free: 1-866-297-0232

NWT Funeral Service

Contact the NWT Seniors' Society for information on funeral services available in your community.

Senior Citizens Motor Vehicle Services Discount

Seniors who are over the age of 60 can get a discount of 50 per cent on the annual fees for motor vehicle registrations and driver's licences.

For more information, please contact:
Department of Transportation
Government of the Northwest Territories
P.O. Box 1320
Yellowknife, NT X1A 2L9
Phone: ..... (867) 920-8915
Fax: ..... (867) 873-0120

Seniors' Policies and Program Database

This Web site that has information about policies, programs and services for seniors.

Web site: ..... www.sppd.gc.ca

Telephone Directory of Services

Aklavik

Band Office/Council 978-2340

Friendship Centre (Alcohol and Drug) 978-2420

Public Health Centre 978-2516

Social Workers 978-2236/2613

RCMP 978-2296

Inuvik Regional Health
and Social Services Board ..... (867) 777-8062

Colville Lake

Band Office 709-2200

Social Workers (Fort Good Hope) ..... (867) 598-2304

RCMP (Colville Lake) ..... (867) 709-2100
If no answer call (Fort Good Hope) ..... (867) 598-2411

Public Health Centre 709-2409

Inuvik Regional Health
and Social Services Board ..... (867) 777-8062

Deline

Community Wellness
(Alcohol and Drug Programs) 589-4701

Band Office 589-3151

Public Health Centre 589-3111

Social Workers 589-3906/3401

RCMP 589-3431

Inuvik Regional Health
and Social Services Board ..... (867) 777-8062

Fort Good Hope

Alcohol and Drug Programs 598-2352
Band Office 598-2231
Family Violence Worker 598-2728
Legal Court Services 598-2762
Public Health Centre 598-2211
Social Workers 598-2940/2304
RCMP 598-2411
Inuvik Regional Health
and Social Services Board ..... (867) 777-8062

Fort Liard

Alcohol and Drug Programs 770-4770
Band Office 770-4141
Public Health Centre 770-4301
Social Workers 770-4301
RCMP 770-4221
Deh Cho Health and Social Services Board ..... (867) 695-3815

Telephone Directory of Services

Fort McPherson

Alcohol and Drug Programs 952-2245
Band Office 952-2330
Mental Health Counsellor 952-2438
Metis Council 952-2212
Public Health Centre 952-2586
Social Workers 952-2250/2802
RCMP 952-2551
Inuvik Regional Health
and Social Services Board ..... (867) 777-8062

Fort Providence

Band Office 699-3401
Family Counselling Centre 699-3801
Public Health Centre 699-4311
Social Workers 699-3421
RCMP 699-3291
Deh Cho Health and Social Services Board ..... (867) 695-3815

Telephone Directory of Services

Fort Resolution

Alcohol and Drug Programs 394-4291
Metis Council 394-4151
Public Health Centre 394-4511
Social Workers 394-4532
RCMP 394-4111
Deninu Community Health
and Social Services Board 394-5010

Fort Simpson

Alcohol and Drug Programs 695-2715
Band Office 695-3131
Friendship Centre 695-2577
Legal Court Services 695-7315
Long-term Care Home 695-7080
Public Health Centre 695-7000
Social Workers 695-7070
RCMP 695-3111
Deh Cho Health and Social Services Board 695-3815

Telephone Directory of Services

Fort Smith

Alcohol and Drug Programs	872-2440
Band Office	872-2986
Crisis Shelter	872-5925
Friendship Centre	872-3004
Home Care	872-6204
Legal Court Services	872-2759
Long-term Care Home	872-5403
Public Health Centre	872-6203
Social Workers	872-6209
RCMP	872-2107
Recreation	872-2014
Fort Smith Health and Social Services Board	872-6200

Hay River

Community Addictions Services	874-2446
Crisis Shelter	874-3311
Family Counselling Centre	874-3898
Friendship Centre (Alcohol and Drug Programs)	874-2838
Home Care	874-6512
Hospital	874-7100
Legal Court Services	874-2475
Medical Clinic	874-2917
RCMP	874-6555
Social Workers	874-6831
Treatment Centre	874-6699
Hay River Community Health Board	874-7115

Holman

Community Wellness (Alcohol and Drug Programs, Mental Health)	396-4417
Legal Court Services	396-3511
Public Health Centre	396-3111
Social Workers	369-3907
RCMP	396-3311
Inuvik Regional Health and Social Services Board	(867) 777-8146

Telephone Directory of Services

Inuvik

Alcohol and Drug Centre 777-2726

Ambulance Emergency Line 777-4444

Band Office 777-3344

Family Counselling Centre 777-4148

Friendship Centre 777-2166

Health and Social Services
(Alcohol and Drug P. ograms) 777-7361

Home Care 777-7399

Hospital 777-2955

Public Health Clinic 777-2955

RCMP 777-2935

Social Workers 777-7220/7249/7242

Inuvik Regional Health
and Social Services Board 777-8146

Jean Marie River

See Fort Simpson Phone Listings

Kakisa Lake

See Fort Providence Phone Listings

Lutselk'e

Band Office 370-3212

Community Wellness
(Alcohol and Drug Programs) 370-3316

Public Health Centre 370-3111

RCMP 370-3311

Lutselk'e Health and Social Services Board 370-3116

Nahanni Butte

Band Office 602-2900

Public Health Centre 602-2203

RCMP (Fort Liard) 770-4221

Social Worker (Fort Liard) 770-4301

Deh Cho Health and Social Services Board 695-3815

Norman Wells

Community Health Centre 587-2250

Social Services 587-2736

Social Workers 587-2632

RCMP 587-2444

Recreation 587-2741

Youth / Elder Centre 587-2858

Inuvik Regional Health
and Social Services Board ..... (867) 777-8146

Paulatuk

Community Health Centre 580-3231

Social Workers 580-3800

RCMP 580-3551

Inuvik Regional Health
and Social Services Board ..... (867) 777-8146

Rae-Edzo

Counselling Services
(Alcohol and Drug Programs) 392-6931

Band Office 392-6581

Community Health Centre 392-6351
24-hour Emergency 392-6075

Friendship Centre
(Alcohol and Drug Programs, Elder Programs) 392-6000

Legal Court Services 392-6386

Long-term Care Home 392-6708

Social Services 392-6931

RCMP 392-6181

Dogrib Community Services Board 392-3000

Rae Lakes

Band Office (Alcohol and Drug Programs) 997-3441

Public Health Centre 997-3141

Social Services (Wha'Ti) ..... (867) 573-3602

RCMP (Rae-Edzo) ..... (867) 392-6181

Dogrib Community Services Board
(Rae-Edzo) ..... (867) 392-3000

Sachs Harbour

Public Health Centre 690-4181

Social Services (Inuvik) ..... (867) 777-7375

RCMP (Inuvik) ..... (867) 777-2935

Inuvik Regional Health
and Social Services Board ..... (867) 777-8146

Trout Lake

Band Office 206-2800/2818

Home Care 206-2800

Public Health Centre 206-2838

Fort Simpson Health Centre ..... (867) 695-7000
24-hour Emergency ..... (867) 695-3232

RCMP (Fort Liard) ..... (867) 770-4221

Social Worker (Fort Liard) ..... (867) 770-4301

Deh Cho Health and Social Services Board ..... (867) 695-3815

Telephone Directory of Services

Tsiigehtchic

Alcohol and Drug Programs 953-3704

Band Office 953-3201

Community Health Centre 953-3361

Social Workers (Fort McPherson) ..... (867) 952-2802/2250

RCMP (Fort McPherson) ..... (867) 952-2551

Inuvik Regional health
and Social Services Board ..... (867) 777-8146

Tuktoyaktuk

Alcohol and Drug Programs 977-2176

Legal Court Services 977-2260

Public Health Centre 977-2321

Social Workers/
Mental Health Workers 977-2511/2140/2434

RCMP 977-2351

Inuvik Regional Health
and Social Services Board ..... (867) 777-8146

Tulita

Band Office 588-3341

Community Wellness Centre
(Alcohol and Drug Programs) 588-4019

Public Health Centre 588-4251

Social Workers 588-4271

RCMP 588-4211

Dogrib Community Services Board ..... (867) 392-3000

Wekweti

Band Office 713-2010

Wekweti Dispenser 713-2904

RCMP (Wha Ti) ..... (867) 573-3181

Social Workers (Wha Ti) ..... (867) 573-3602

Dogrib Community Services Board ..... (867) 392-3000

Wha Ti

Band Office 573-3012

Community Health Centre 573-3261

Social Workers 573-3602

RCMP 573-3181

Dogrib Community Services Board ..... (867) 392-3000

Telephone Directory of Services

Wrigley

Band Office 581-3321

Community Health Centre 581-3441

RCMP 581-3411

Social Worker (Fort Simpson) ..... (867) 695-7070

Deh Cho Health and Social Services Board ..... (867) 695-3815

Yellowknife

Alcoholics Anonymous 873-5096

NWT Behavioral Sciences and Family Counselling 669-7736

Salvation Army 920-4673

Tree of Peace Friendship Centre 873-2864

Home Care 920-3338

Mental Health Clinic 873-7042

Public Health Centre 920-6570

Social Service Programs 873-7276

RCMP

24-hour Emergencies 669-1111

General enquiries

Monday to Friday 9:00 a.m. to 5:00 p.m. 669-5100

Stanton Regional Health Board ..... (867) 669-4224

Yellowknife Health and Social Services Board 873-7276

NWT Health and Social Services Boards

Deh Cho Health and Social Services Board
(867) 695-3815
Box 246
Fort Smith, NT X0E 0N0

Communities Served:
Fort Liard, Fort Providence, Fort Simpson,
Hay River Reserve, Jean Marie River, Kakisa Lake,
Nahanni Butte, Trout Lake, Wrigley

Deninu Community Health and Social Services Board
(867) 394-5010
Box 1997
Fort Resolution, NT X0E 0M0

Communities Served:
Fort Resolution

Dogrib Community Services Board
(867) 392-3000
Bag 5
Rae-Edzo, NT X0E 0Y0

Communities Served:
Rae Edzo, Rae Lakes, Wekweti, Wha Ti

NWT Health and Social Services Boards

Fort Smith Health and Social Services Board
(867) 872-6200
Box 1080
Fort Smith, NT X0E 0P0

Communities Served:
Fort Smith

Hay River Community Health Board
(867) 874-7115
#3 Gaetz Drive
Hay River, NT X0E 0R8

Communities Served:
Enterprise, Hay River

Inuvik Regional Health and Social Services Board
(867) 777-8146
Bag Service #2
Inuvik, NT X0E 0T0

Communities Served:
Aklavik, Colville Lake, Deline, Fort Good Hope,
Fort McPherson, Holman, Inuvik, Norman Wells, Paulatuk,
Sachs Harbour, Tuktoyaktuk, Tulita, Tsiigehtchic

NWT Health and Social Services Boards

Lutselk'e Health and Social Services Board
(867) 370-3115
Box 78
Lutselk'e, NT X0E 1A0

Communities Served:
Lutselk'e

Stanton Regional Health Board
(867) 669-4224
Box 10
Yellowknife, NT X1A 2N1

Communities Served:
Stanton Regional Hospital

Yellowknife Health and Social Services Board
(867) 873-7276
Box 608
Yellowknife, NT X1A 2N5

Communities Served:
Yellowknife, Dettah

NWT SENIORS' SOCIETY
1-800-661-0878